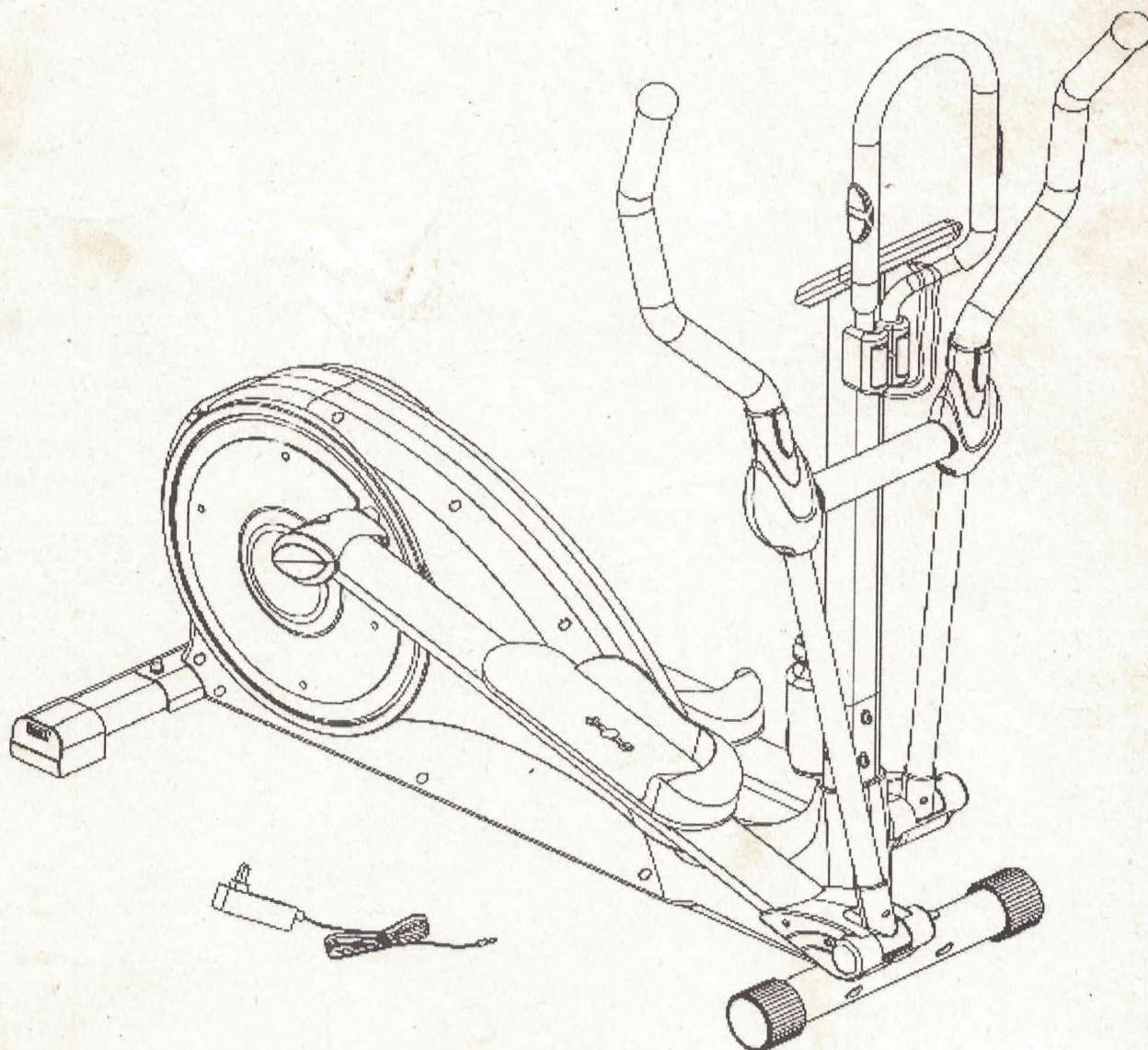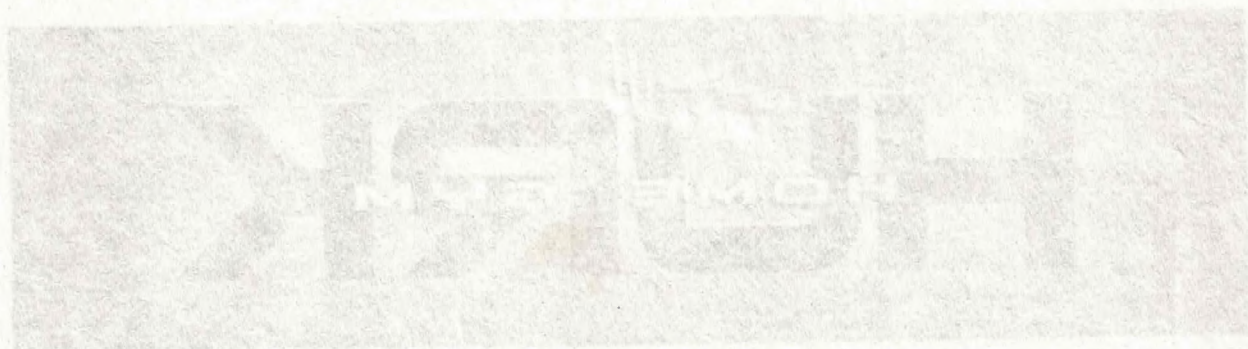# MODEL:ELLIPT2PRO

HURK
HOME GYM

Elliptical Trainer

Elliptical Trainer Max Weight: 220KG & Flywheel Resistance: 60KG

HURK ELLIPT2PRO--240V AU Standard

HIZAK

Elliptical Trainer

Important Safety InformationPlease keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.

6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.

7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.

10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 150kg. Breaking is speedindependent.

11. The equipment is not suitable for therapeutic use.

12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

13. Technical assistance service:contact the establishment where you purchased the product,showingthe purchase receipt.

⚠️

Before assembly, please take out all individual parts from the packing and put them each on the solid and stable place. The main frames should be on a solid and stable protecting ground, since without a good installed condition you could be damaged or scratched. Make sure that you have sufficient movement free space (at least 1.5 m) during the assembly in each direction.
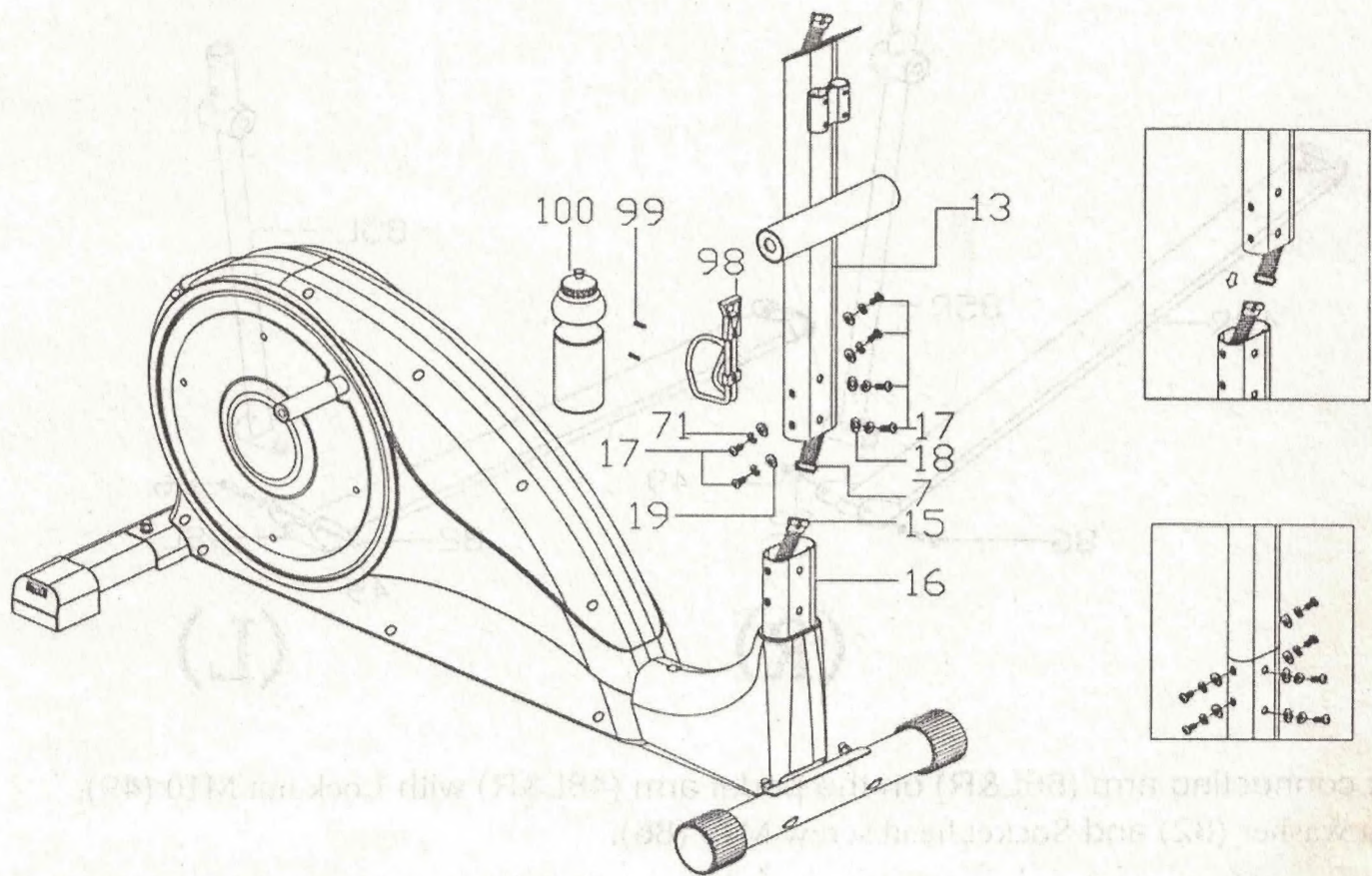
Step 1
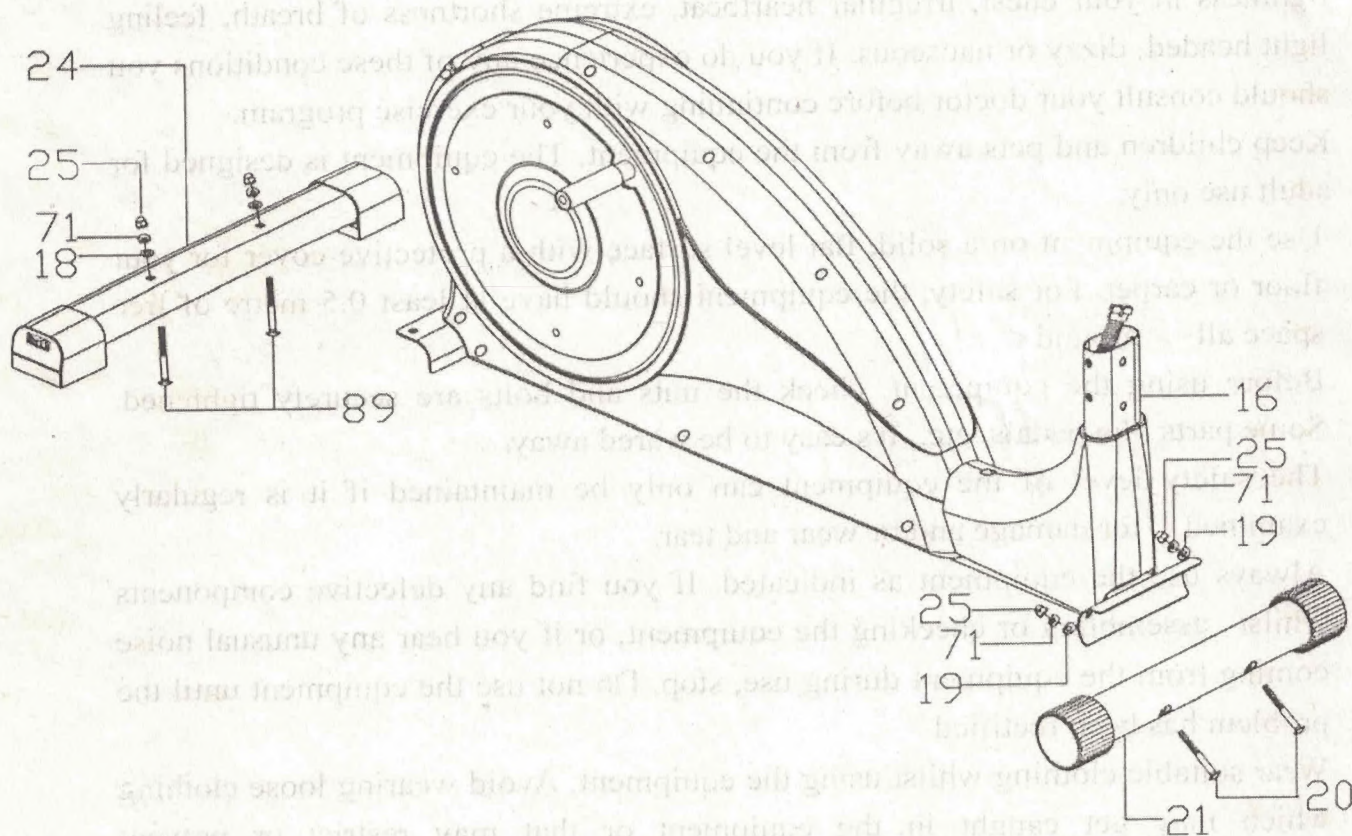
Fasten the rear stabilizer (24) with the carriage bolt M8*55L (89), flat washer (18), lock washer (71), and the Domed nuts M8(25) at the main frame (16). Fasten the front stabilizer (21) with the carriage bolt M8*70L (20), the curved washer (19), lock washer (71), and the Domed nuts M8 (25) to the main frame (16).

Step 2

Hold on the handlebar post (13) at the best with support of a second person! Connect the lower plug for upper computer wire (7) with the lower computer wire plug (15).

Insert the handlebar post (13) into the hole of the main frame (16).

Fix the handlebar post (13) with four allen key bolts M8 (17), four flat washer (18) and four curved washer (19).Tighten these connections firmly. Use by the hexagon key.

Fasten now the drinking bottle owner (98) with the help of the two cross-notched screws (99) to the handlebar post (13). Insert the drinking bottle (100) into the bottle rack (98).
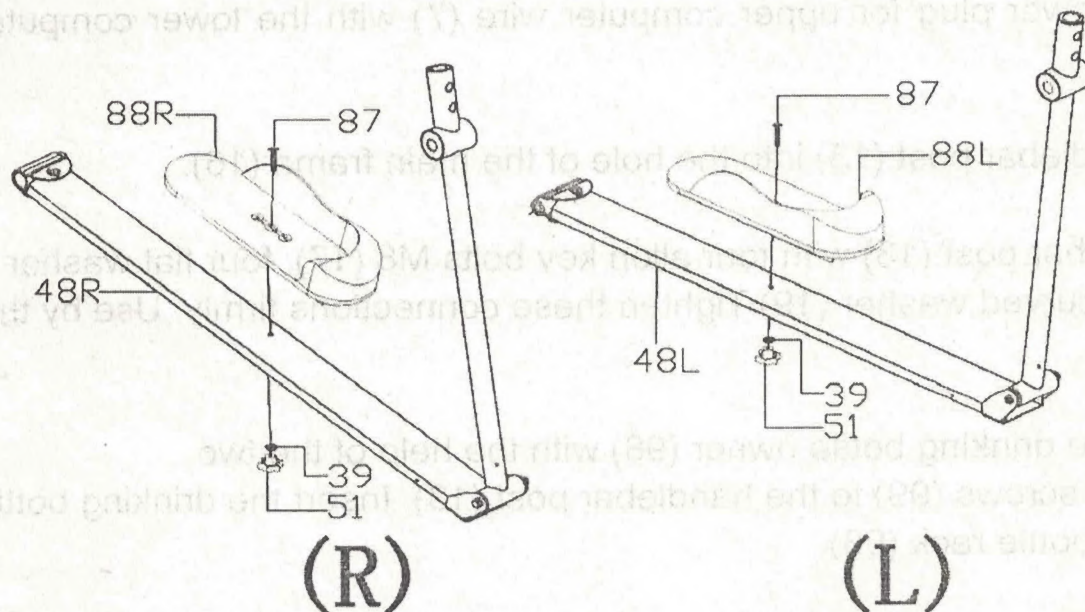
Step 3

(R)   (L)
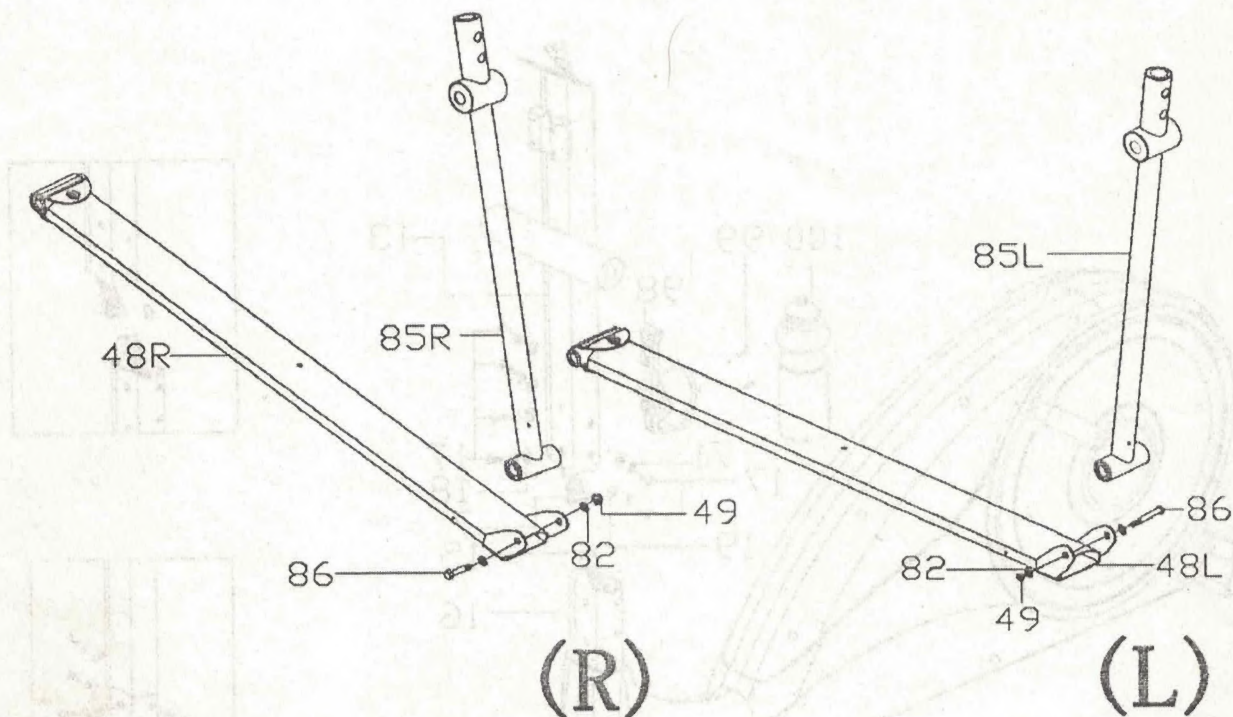
Fix connecting arm (86L&R) on the pedal arm (48L&R) with Lock nut M10 (49),
Flat washer (82) and Socket head screw M10 (86).

Step 4

(R)   (L)
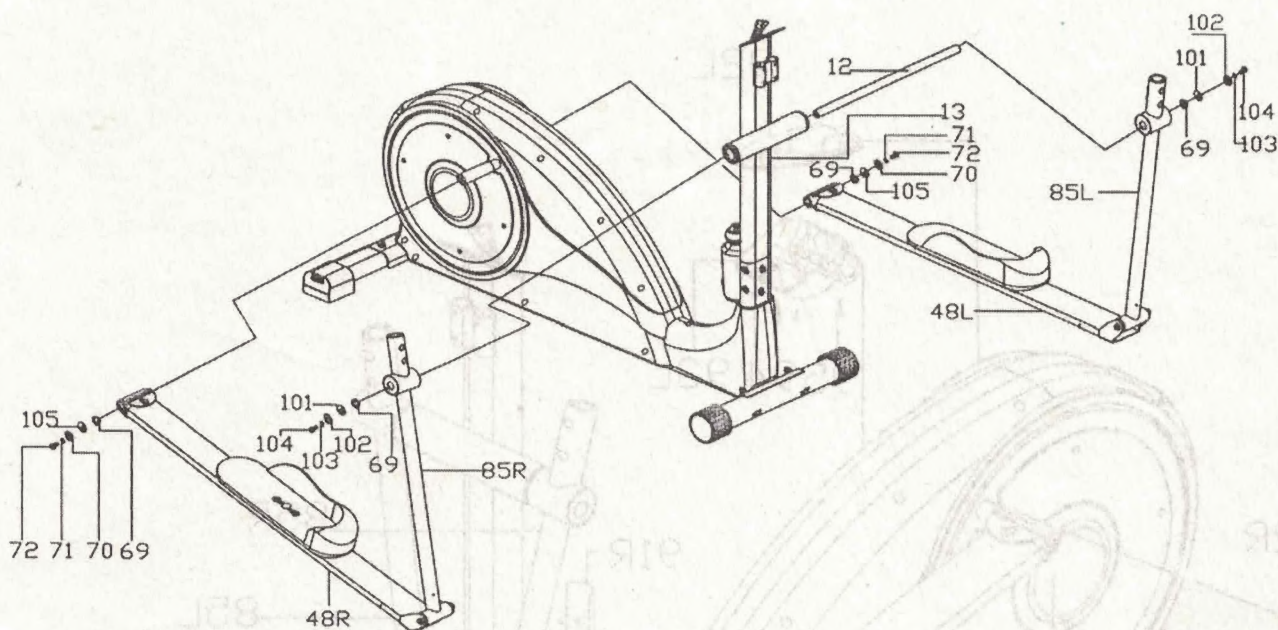
Install the pedal (88L&R) on the pedal arms (48L&R) with Lock screw for pedal
M6 (87), Flat washer (39) and Grasp nut (51). You have the possibility of
installing the pedal in three different positions.

Step5

Fasten right pedal arm (48R) at the rear end of the rotation steel disk with the help of the wave washer (69), the D-washer (105), flat washer (70), the lock washer (71) and the socket head screw (72).

Afterwards you fold the left connecting arm (85R) upward and push the upper ends of the connecting arm onto the axle (12), which you push before into the handlebar post (13). The connecting arm (85R) need be fasten with the help of wave washer (69), a D-washer (101), a flat washer (102), a lock washer (103) and a socket head screw (104). Proceed in the same way with the left pedal arm (85L).
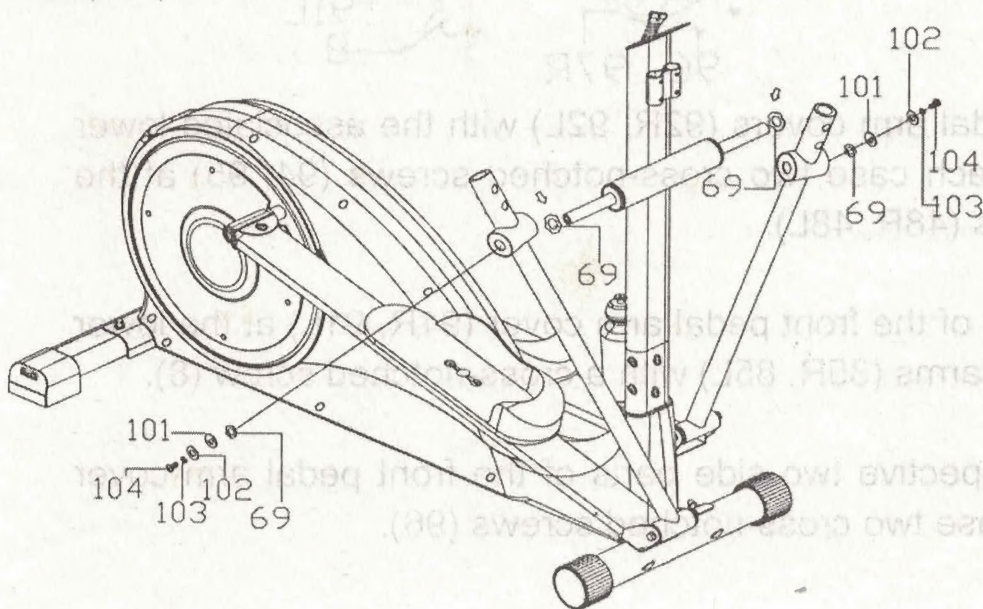
You may use 2 wave washers (69) into the handlebar axle (12) if the space between connecting arm (85) and handbar post (13) is large. (This is optional advise)

Step 6
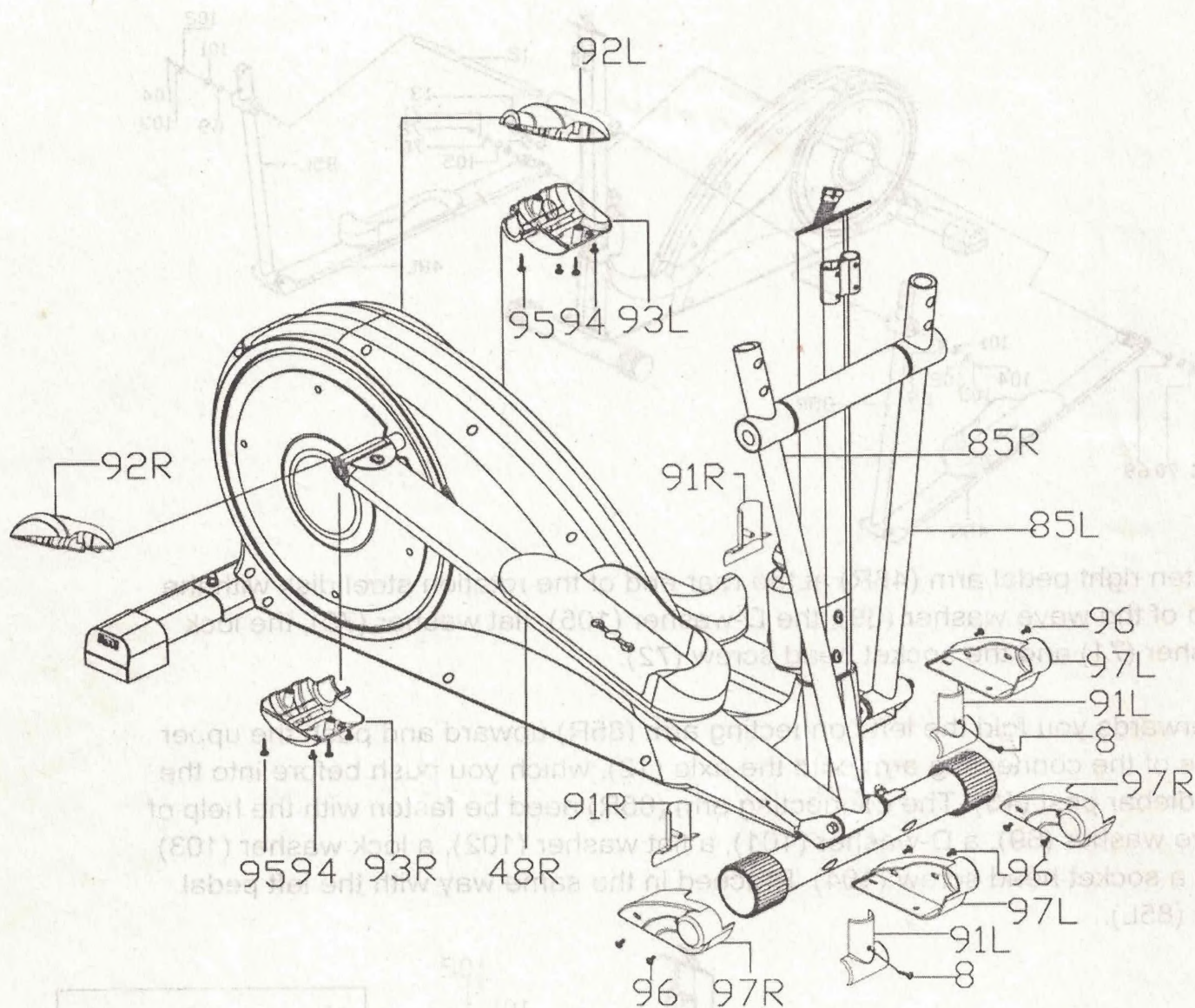
Fasten the rear upper pedal arm covers (92R, 92L) with the associated lower part (93R, 93L) with in each case two cross-notched screws (94, 95) at the rear end of the pedal arms (48R, 48L).

Fasten the front and back of the front pedal arm cover (91R, 91L) at the lower surface of the connecting arms (85R, 85L) with a cross-notched screw (8).

Afterwards fasten the respective two side parts of the front pedal arm cover (97R, 97L) with in each case two cross-notched screws (96).

79R

79L

71 90

81R

71

84

84

83L

81L

83R

90

85L

85R
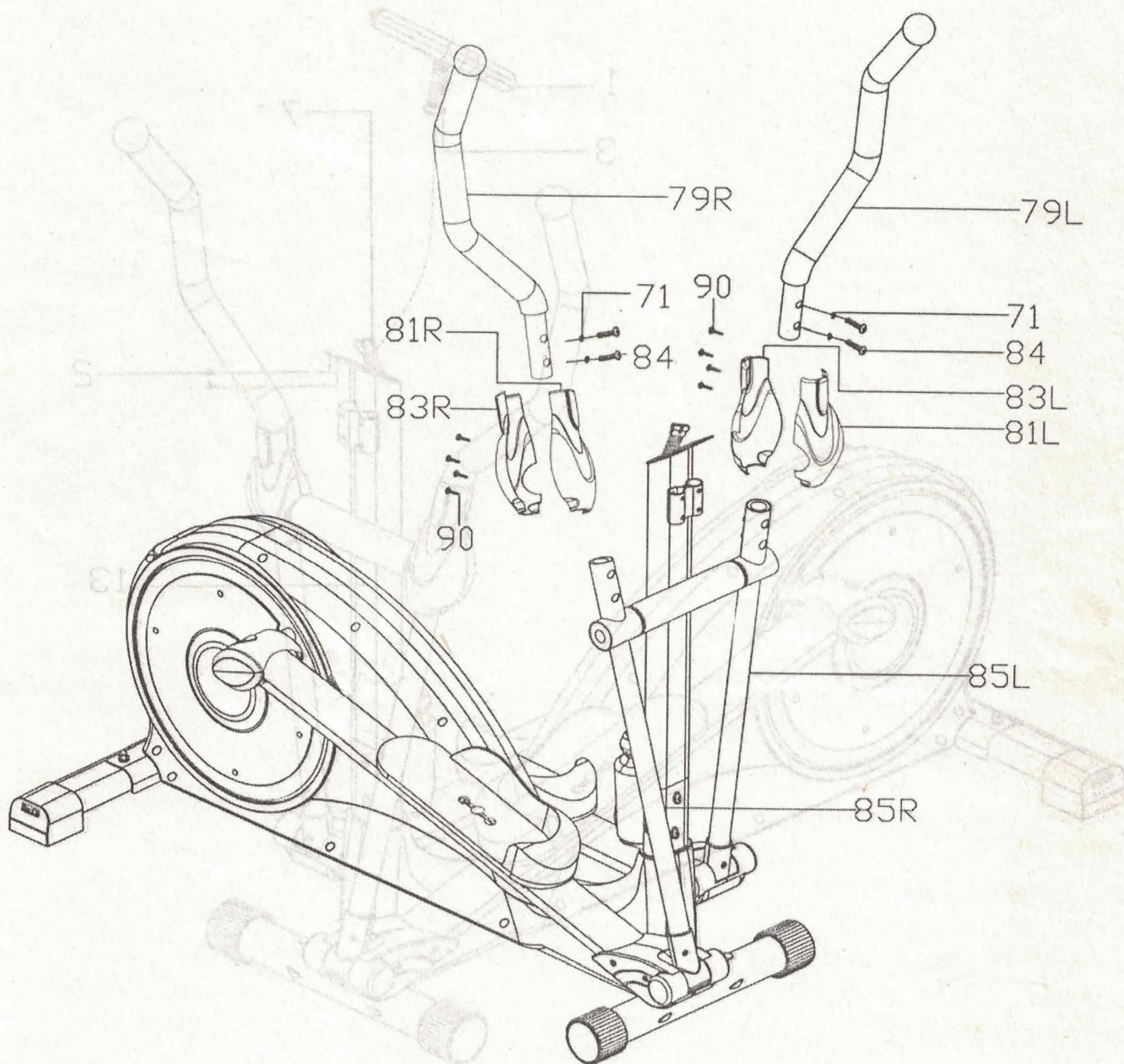
Insert the left and right hand grip (79L, 79R) to the openings of the two connecting arms (85L, 85R). Fasten these with help of two socket head screws (84) and two curved lock washer (71). Fasten the two covers (81L, 81R, 83L, 83R) by previous plugging together with the help of the four cross-notched screws (90).

Step8
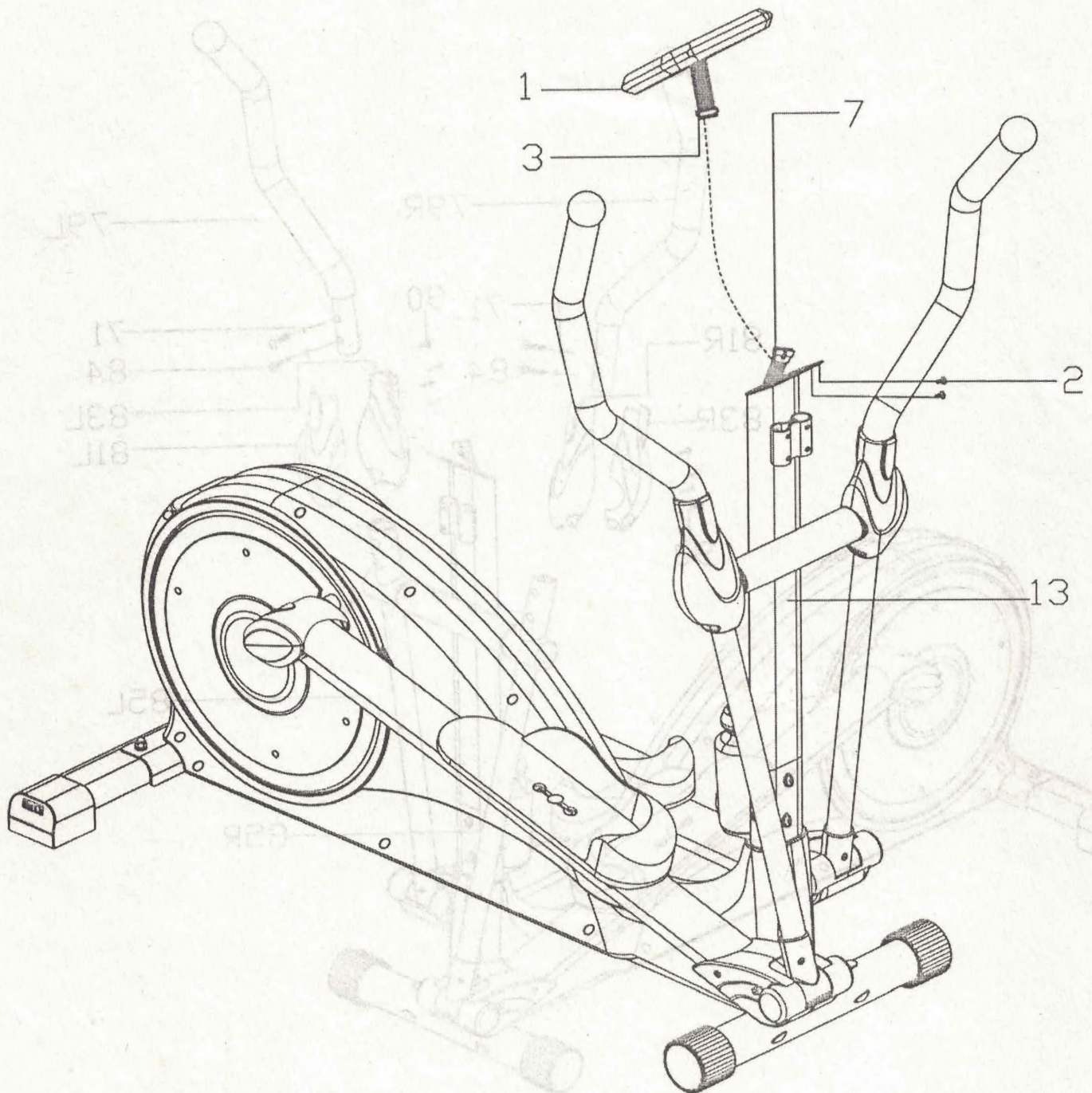
Unscrew the two cross-notched screws (2) from the computer back (1). Put the upper sensor cable (7) into the associated socket/cables on the computer back, and you push now the computer (1) onto the mounting plate at the handlebar post (13). Then you fasten the computer (1) to the mounting plate with the two cross-notched screws (2),

Step9
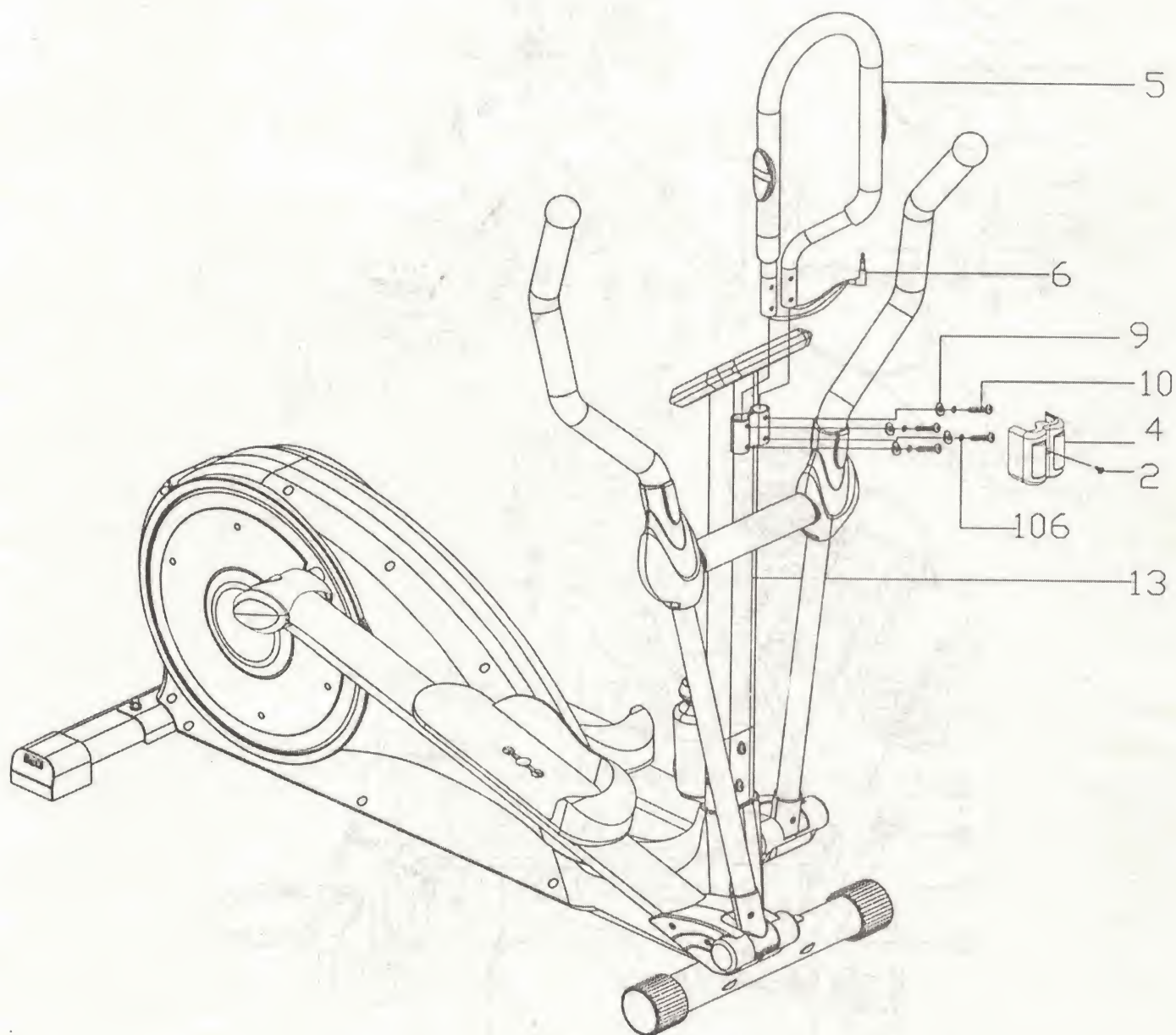
Fasten the handlebar with pulse sensor (5) to the rear end of the handlebar post(13) in the plate already pre-mounted with both Allen key bolt M6 (10) the curved washer (9) and the lock washer (106).

Then you set the plastic Cover for handlebar with pulse sensor (4) on the plate of handlebar post and fasten these with the cross-notched screw (2). Put the hand pulse cable (6) into the associated socket on the computer back.
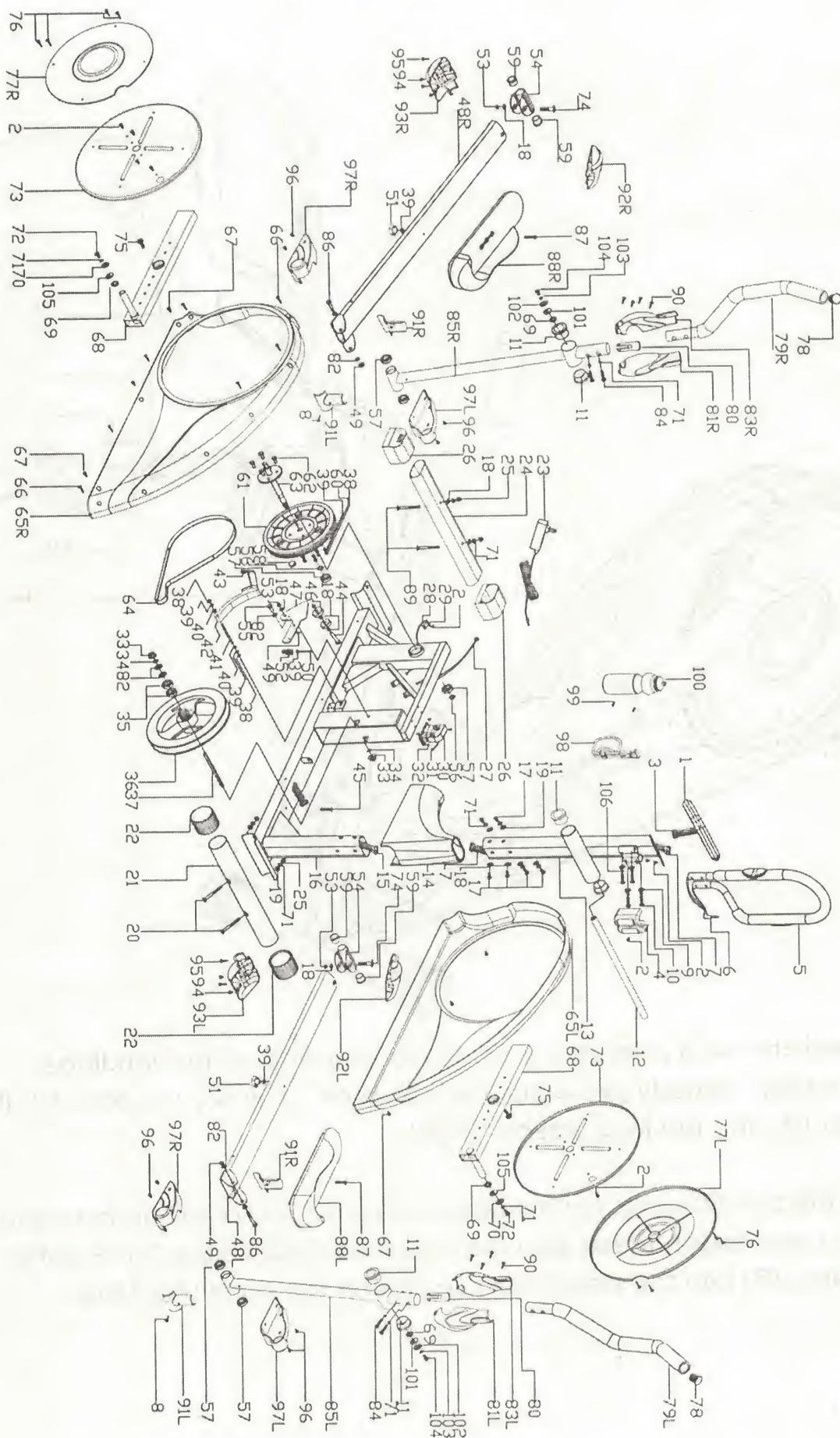
Part number	Name	Specification	Quantity
1	Computer		1PC
2	Screw M5	M5*10L	12PCS
3	Compuer wire or hole		1PC
4	Cover for handlebar with pulse sensor		1PC
5	Handlebar with pulse sensor		1PC
6	Pulse sensor wire		1SET
7	Upper plug for upper computer wire		1PC
8	Screw M4	M4*30L	2PCS
9	Curved washer	φ18*φ6*1.0T	4PCS
10	Allen key bolt M6	M6*50L	4PCS
11	Metal bushing (or Powder metallurgy)	Inside hole φ48	6PCS
12	Handlebar axle		1PC
13	Handlebar post		1SET
14	Frone small plastic chain cover		1PC
15	Lower plug		1PC
16	Main frame		1SRT
17	Allen key bolt M8	M8*16L	6PCS
18	Falt washer	φ20*φ8*1.2T	10PCS
19	Curved washer	φ20*φ8*1.2T	6PCS
20	Carriage bolt M8	M8*70L	2PCS
21	Front stabilizer		1PCS
22	Front stabilizer cap		2PCS
23	Adaptor		1PC
24	Rear stabilizer		1PCS
25	Domed nut M8	M8	4PCS
26	Rear stabilizer cap		2PCS
27	Wire of motor		1PC
28	Sensor fixer		1PC
29	Sensor		1PC
30	Motor		1SET
31	Screws of motor		1PCS
32	Cross-notched screw M5	M5*40L	1PCS
33	Flange nut M10	3/8 ″	2PCS
34	φ12 Snap ring		2PCS
35	Bearing	6000zz	2PCS
36	Flywheel	φ260	1PCS
37	Flywheel axle		1PCS
38	Locknut M6		6PCS
39	Flat washer	φ18*φ6.2*1.0T	9PCS

40	Nut M6		2PCS
41	Threaded rod (double-end)	φ6*75L	1PCS
42	Magnet mounting plate with magnet	φ273	1SET
43	Spring		1PCS
44	Hexagon screw M8	M8*40L	1PCS
45	Cross-notched screw M5	M5*40L	1PCS
46	Bearing	6300zz	2PCS
47	Fixing plate for idle wheel		1PC
48	Pedal arm (L&R)		1SET
49	Lock nut M10	M10	3PCS
50	Hexagon screw M6	M6*75L	1PCS
51	Grasp nut	M6	2PCS
52	Spring		1PCS
53	Locknut M8		3PCS
54	Mounting plate for pedal arms		2SET
55	Hexagon screw M10	M10*40L	1PCS
56	Lock washer φ17		1PCS
57	Bearing	6203RS	4PCS
58	Magnet sensor		2PCS
59	Metal bushing (or Powder metallurgy)		4PCS
60	Spring washer	φ6.0	4PCS
61	Drive pulley	φ320	1PC
62	Hexagon screw M6	M6*15L	4PCS
63	Axle for drive pulley		1SET
64	Belt	590J 4F	1PC
65	Chain cover (L&R)		1SET
66	Cross-notched screw M5	M5*25L	7PCS
67	Cross-notched screw M5	M5*20L	6PCS
68	Support frame for pedal		2SET
69	Wave washer	φ16	6PCS
70	Flat washer	φ28*φ8*2.0T	2PCS
71	Lock washer	φ8	16PCS
72	Socket head screw M8	M8*25L	2PCS
73	Rotation steel disk		2PC
74	Socket head screw M8	M8*45L	2PCS
75	Hexagonal screw M8	M8*20L	2PCS
76	Cross-notched screw		8PCS
77	Plastic cover for steel rotation disk (L&R)		1SET
78	End cap for hand grip		2PC
79	Hand grip (L&R)		1SET
80	Plastic socket		2PC
81	Cover for hand grip, front (L&R)		1SET
82	Flat washer	φ20*φ10*1.5T	4PCS

83	Cover for hand grip, rear (L&R)		1SET
84	Socket head screw M8	M8*45L	4PCS
85	Connecting arm (L&R)		1SET
86	Socket head screw M10	M10*100L	2PCS
87	Lock screw for pedal M6	M6*45L	2PCS
88	Pedal (L&R)		1SET
89	Carriage bolt M8	M8*55L	2PCS
90	Cross-notched screw M4	M4*16L	8PCS
91	Cover for connecting arm, in front (L&R)		2SET
92	Cover for pedal arm in the back, top side, right (L&R)		1SET
93	Cover for pedal arm in the back, lower surface, right (L&R)		1SET
94	Cross-notched screw M5	M5*10L	4PCS
95	Cross-notched screw M4	M4*16L	4PCS
96	Cross-notched screw M5	M5*10L	8PCS
97	Cover for connecting arm, laterally (L&R)		2SET
98	Drinking bottle rack		1SET
99	Cross-notched screw M5	M5*14L	2PCS
100	Drinking bottle		1PC
101	D-washer	φ28*φ16*4.5T	2PCS
102	Flat washer	φ28*φ10*2.0T	2PCS
103	Lock washer	φ10	2PCS
104	Socket head screw M10	M10*25L	2PCS
105	D-washer	φ28*φ16*2.0T	2PCS
106	Lock washer φ6	φ6	4PCS
			1PC

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.
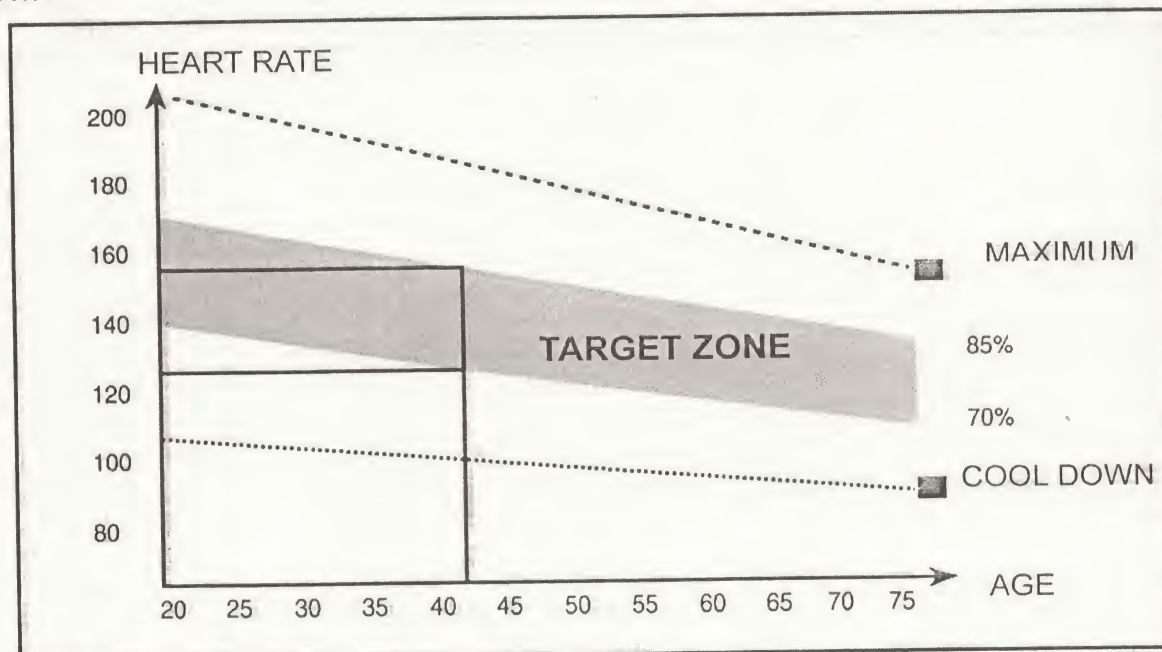
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

INNER THIGH

FORWARD
BENDS

CALF / ACHILLES

SIDE BENDS

OUTER THIGH

2. The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a   steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

HEART RATE

200
180
160 — MAXIMUM
140 — TARGET ZONE — 85%
120 — 70%
100 — COOL DOWN
80

AGE
20 25 30 35 40 45 50 55 60 65 70 75

14

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Instruction for Exercise Monitor TZ-6187

Power on

The full LCD display will be shown with a long beep at the same time after the monitor is power on, after that entering the user of selection mode.

Note :   when no signal input about 256s, it will be in sleep mode. Press any key to return the display.

Select the user

There are five users can be selected:U0\U1\U2\U3\U4.   When it powers on, User can press the UP or DOWN button to select the one.

Select the training mode

After finishing User selection, press the MODE button to enter the selection of training mode.   However you can press the UP or DOWN button to select the training mode and press the MODE button to confirm the training mode.

There are five training mode can be selected : MANUAL、PROGRAM 、WATT、
HRC、 USER.

Set training data

Press the UP or DOWN button to select the user, press the MODE button to confirm
user of selection, entering the training mode at the same time.
Press the UP or DOWN button to select the training mode, and press the MODE button
to confirm mode of selection, entering the setting data at the same time.
Training data:

TIME   DIST   CAL   THR
User just can choose one of Training data of   TIME 、DIST and CAL   to be preset.

SETTING THE TRAINING DATAS

Field	Display Range	Default	Increment/ Decrement	Description
TIME	0:00~ 99:00	0:00	± 1:00	1.It will count up without the preset value. 2.When time is 1:00-99:00, It will count down to 0.
DIST	0.0~999.0	0.0	±1.0	1.It will count up without the preset value. 2.When DIST is 1:00-999.0, It will count down to 0.
CAL	0~9990	0	±10	1.It will count up without the preset value. 2.When CAL is 10-9990, It will count down to 0.
THR	60-220	90	±1	When Heart Rate exceeds the preset value, the monitor will be alerted and the value will flash.

Function buttons

FUNCTION button	DESCRIPTION
RESET	1. In setting mode, press this button to reset the function value. 2. In setting mode , press this button over two seconds , it will enter to selection training mode display . 3.In selection training mode display, press this button to enter selection user mode display. 4.In body fat program, press this button to exit the body fat program.
MODE	1.press this button to confirm the selection mode. 2.press this button to confirm the setting value.
UP	1. press this button to select the mode in selection mode. 2. press this button to increase the setting value in setting workout data. 3. During the workout, press the button to increase the resistance load.

DOWN	1. press this button to select the mode in selection mode.
	2. press this button to decrease the setting value in setting workout data.
	3. During the workout，press the button to decrease the resistance load.
START/STOP	1.In user selection or training selection mode, press this button to Start training.
	2.In exercising condition, press this button to stop exercising.
	3.In body fat program, press this button to start measurement.
RECOVERY	Press this button to test the pulse recovery for 60 seconds. User need to hold the hand-pulse touch sensor，After one minute the LCD will display F1-F6 to show your recovery，F1 is the best and F6 is the worst.
BODYFAT	Press this button to enter bodyfat measurement and press START/STOP to start measurement. User need to hold the hand-pulse touch sensor, after the measurement, the LCD will display FAT% and BMI.

FUNCTION OF TRAINING MODE
MANUAL
SETTING THE MANUAL PROGRAM DATAS

Use the UP or DOWN button to select "MANUAL", and press the MODE button
to select TIME , DIST, CAL, THR to preset. When select this value, this data
will flash and press the UP or DOWN button can adjust. After that pressing the
MODE button to confirm this setting value. Then pressing START/STOP button
start training. The user can adjust the level of loading by pressing the UP or
DOWN button during training.
Note :
User just can choose one of Training data of TIME or DIST or CAL to be preset.

....The computer will alarm with a
     beep sound and enter STOP condition automatically when
the preset value count down to zero, and then user can press START/STOP
     button to train
continuously

PROGRAM
There are 12 preset programs and 1 body fat program can be chosen, each
preset program has 16 levels.

SETTING THE PRESET PROGRAM DATAS
Pressing MODE key entering selection mode of program, Then using UP or
DOWN key can select the one preset program, and press the MODE button to
select TIME , DIST, CAL, THR to preset, when select this value, this data will

flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training. The user can adjust the level of loading by pressing the UP or DOWN button during exercise.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition automatically when

the preset value count down to zero, and then user can press START/STOP button to train continuously

SETTING PERSONAL DATAS FOR BODY FAT PROGRAM

Pressing MODE key entering selection mode of program, Then using UP or DOWN key

Select body fat program, then press MODE key, the value of AGE "25" will flash, press UP

Or DOWN key to adjust this value, then press MODE key to confirm it, at the same time,

The flash move to the next preset value. The value of gender "M" will flash, press UP Or

DOWN key to adjust this value, then press MODE key to confirm it, at the same time, The

flash move to the next preset value. the value of height "175" will flash, press UP Or DOWN

key to adjust this value, then press MODE key to confirm it, at the same time, The flash

move to the next preset value. The value of weight "70" will flash, press UP Or DOWN

key to adjust this value, then press MODE key to confirm it. When finishing the setting

value, pressing the START/STOP key to start measurement and hold on the hand-pulse

grasp at the same time.

Soon later, the meter will display the measuring result: FAT% and BMI.

WATT

SETTING THE WATT PROGRAM DATAS

Use the UP or DOWN key to select "WATT", and press the MODE button to select TIME , WATT, DIST, CAL, THR to preset, when select this data, this data will flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, the computer will adjust the level of loading automatically base on the user's speed during training.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition automatically when

the preset value count down to zero, and then user can press START/STOP button to train continuously

HRC

HRC program contains THR, 65%, 75% and 90%.
65%   TARGET H.R= 65% of (220-AGE)
75%   TARGET H.R= 75% of (220-AGE)
90%   TARGET H.R= 90% of (220-AGE)

SETTING THR PROGRAM DATAS

Use the UP or DOWN key to select "THR", and press the MODE button to select
TIME、   DIST 、CAL、THR to preset. When select this data, this data will flash
and press the UP or DOWN button can adjust. After that pressing the MODE
button to confirm this setting value. Then pressing START/STOP button start
training, After that you hold on the hand-pulse sensor during the training. The
meter will base on your current pulse adjust the level of loading automatically
to reach user's THR of setting.
Note :
If the pulse value is less than your preset THR , the computer   will increase one
level per 30 seconds; if the pulse value is higher than your preset THR , it will
decrease one level per 20 seconds.
User just can choose one of Training data of TIME or DIST or CAL to be preset.
The computer will alarm with a beep sound and enter STOP condition
         automatically when
the preset value count down to zero, and then user can press START/STOP
         button to train
continuously

SETTING THE HRC(65%\75%\90%) PROGRAM DATAS

Use the UP or DOWN key to select the one of "65%\75%\90%", and press the
MODE button can select TIME ,   DIST,   CAL to preset. When select this data,
this data will flash and press the UP or DOWN button can adjust. After that
pressing the MODE button to confirm this setting value. Then pressing
START/STOP button start training, After that you hold on the hand-pulse sensor
during the training. The computer will base on your current pulse adjust the
level of loading automatically to reach user's THR of setting.
Note :
If the pulse value is less than your preset THR , the computer   will increase one
level per 30 seconds; if the pulse value is higher than your preset THR , it will
decrease one level per 20 seconds.
User just can choose one of Training data of TIME or DIST or CAL to be preset.
The computer will alarm with a beep sound and enter STOP condition
         automatically when
the preset value count down to zero, and then user can press START/STOP
         button to train
continuously

USER

User program allows user to set their own program.

SETTING THE USER PROGRAM DATAS

Use the UP or DOWN key to select "USER", press the MODE button and the first
loading will flash and press the UP or DOWN button to adjust the level. After that
pressing the MODE button to confirm and move to next loading continue for all 20
loading. After that press the MODE button to select TIME   or   DIST or   CAL and THR
to preset, when select this data, this data will flash and press the UP or DOWN button

can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, So you can start training. The user can adjust the level of loading by pressing the UP or DOWN button during training.
Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.
The computer will alarm with a beep sound and enter STOP condition
      automatically when
the preset value count down to zero, and then user can press START/STOP
      button to train
continuously.